



Delta Obesity Prevention Research Unit— Mission Statement

The Delta Obesity Prevention Research Unit is coordinating a major research program that brings together the expertise of seven institutions in the three state region. These institutions and their research scientists provide unique skills and resources to the Delta. Their research will result in Lower Mississippi Delta specific recommendations for input into the 2015 Dietary Guidelines that will enable rural Lower Mississippi Delta individuals and families to adopt food and physical activity guidelines for sustaining healthy weights, preventing obesity, and reducing the risk factors for obesity related chronic diseases.



Current Mississippi Cooperator Personnel Supported by Delta OPRU

The University of Southern Mississippi

Carol Connell
Vafa Kamili
Kathy Yadrick
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Stephanie Abadie
Marci Robbins
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Alcorn State University

Christopher Brown
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Martha Ravola
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2010 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Alcorn State University - 12 Employees
The University of Southern Mississippi - 14 Employees

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Mississippi Research Cooperators



Alcorn
State University

Alcorn State University
Alcorn State, MS



The University of Southern Mississippi
Hattiesburg, MS

The University of Southern Mississippi 2010-2014 Project Summary



Effectiveness of Women's Social Club Members Adopting Modified Dietary Guidelines

Obesity rates in the Lower Mississippi Delta region are among the highest in the U.S., with less than 7% of Delta adults consuming a healthy diet that can reduce the risk of obesity. Evaluating the existing food patterns of Delta adults is needed. Adapting these existing patterns to meet the Dietary Guidelines for Americans will be achieved through the research conducted by the University of Southern Mississippi cooperating scientists. Minor, however effective,

modifications will be made to existing dietary patterns and evaluated for successful implementation in Mississippi social women's organizations over a 12 month period. Suc-

cessful results will improve the diets of dietary residents, specifically weight status and healthy blood pressure. For additional information, contact Dr. Carol Connell (carol.connell@usm.edu) or Dr. Margaret L. Bogle (margaret.bogle@ars.usda.gov).



Alcorn State University Significant Publications:

- Zoellner, J., Powers, A., Williams, A., Ndirangu, M., Strickland, E., **Rowser, M., Lucas, G.**, Connell, C., Yadrick, K., Bogle, M.L. 2010. Does a 6-month pedometer intervention improve physical activity and health among vulnerable African Americans, a feasibility study. *Journal of Physical Activity and Health*. 7: 224-231.
- Zoellner, J., Connell, C., **Santell, R., Fungwe, T.**, Strickland, E., Avis, A., Yadrick, K., Lofton, K., **Rowser, M.**, Powers, A., **Lucas, G.**, Bogle, M.L. 2007. Fit for Life Steps: results of a successful walking trail intervention in the rural Mississippi Delta. *Progress in Community Health Partnerships: Research, Education and Action*. 1(1):49-60.
- Yadrick, M.K., Horton, J., Stuff, J., McGee, J., Bogle, M., **Davis, L., Forrester, I.**, Strickland, E., Casey, P.H., Ryan, D., Champagne, C., Mellad, K., Neal, E., Zaghoul, S. 2001. Perceptions of community nutrition and health needs in the Lower Mississippi Delta: A key informant approach. *Journal of Nutrition Education*. 33:266-277.
- Bogle, M.L., Stuff, J., **Davis, L., Forrester, I.**, Strickland, E., Casey, P., Ryan, D., Champagne, C., McGee, B., Mellad, K., Neal, E., Zaghoul, S., Yadrick, K. 2001. Validity of a telephone administered 24-hour dietary recall in rural LMD: Foods of our Delta Study. *Journal of the American Dietetic Association*. 101(2):216-222.
- Smith, J., Lensing, S., Horton, J.A., Lovejoy, J., Zaghoul, S., **Forrester, I.**, McGee, B.B., Bogle, M.L. 1999. Prevalence of Self-Reported Nutrition-Related Health Problems in the Lower Mississippi Delta. *American Journal of Public Health*. 89(9):1418-1421.

Alcorn State University 2010-2014 Project Summary



Enhancing Fruit/Vegetable Consumption of African-American Mothers and Children in Southwest Mississippi

The prevalence of childhood obesity is of great proportions amongst rural, limited resource populations in the Lower Mississippi Delta region and particularly in Mississippi. Cooperating researchers at Alcorn State University are conducting research to reduce the current levels of obesity in these populations. Researchers will utilize a pre-/post-test design to determine the effectiveness of combining nutrition education with social support to help mothers make dietary changes. These changes will be monitored by looking for an increased consumption level of fruits and vegetables in the mother and her children (middle school age) Physical activity promotion will be provided to the children as a motivational factor to make healthier food choices. Contact Dr. Marjuyua Rowser (mrowser@alcorn.edu) or Dr. Margaret L. Bogle (margaret.bogle@ars.usda.gov) for additional information.